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Saskatchewander to and fro, all year long

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Want cut abs? Then cut out the beer, dude

Pure exercise won't get you ripped — you also have to pay attention to what you put in your body PAGE 11

Vote on Senate suspensions up in the air

Expense scandal.
Senate Tories hold back motion to close debate, as Liberal leader proposes matter be put to special committee

The timing of a final vote on the possible suspension of three senators is up in the air after the Senate Conservatives failed to bring forward their motion to close debate on Monday.

The Conservatives indicated Friday they would move to close debate on the two-year suspensions of senators Pamela Wallin, Patrick Brazeau, and Mike Duffy. At the time, it was thought the motion would schedule a final vote as early as Tuesday or Wednesday of this week.

But because the Conservatives held back on the motion Monday, that looks less likely. If the motion is moved Tuesday, a final vote would likely take place on Friday, just before the Conservative convention in Calgary.

Sen. Claude Carignan, the Conservative leader in the Senate, did not respond to questions on the closure motion Monday evening. He also did not take questions on possible leniency for Sen. Wallin and Sen. Brazeau — a possibility he floated on Sunday.

The Conservative caucus was tight-lipped Monday after a one-hour caucus meeting to regroup after an unprecedented week of drama and intrigue in the upper chamber.

Across the aisle, Senate Liberals say there has been no discussion between the two parties on a possible end to the debate over the suspensions, now stretching into its sixth day.

Liberal Senate leader James Cowan has asked the matter be put to a special Senate committee, in order for the three embattled senators to have the benefit of legal representation, give evidence and the ability to call witnesses.

A vote on Cowan's proposal is expected as early as Tuesday. TORSTAR NEWS SERVICE

More coverage inside

Cheque again: Duffy claims Tory lawyer covered $13K in legal fees, page 6.

Sen. Pamela Wallin arrives at Parliament Hill in Ottawa on Friday. On Sunday, Conservative Senate leader Claude Carignan floated the possibility of leniency for Wallin and former Tory caucus colleague Patrick Brazeau in the expense scandal. SEAN KILPATRICK/THE CANADIAN PRESS

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Next Saskatchewanderer to hit the road all year round

'4-season' destination.
Government plans to promote Sask. as a place to live, not just visit

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The province's Saskatchewanderer promotional program is about to become more than just a summer gig.

The next Saskatchewanderer will spend an entire year criss-crossing the province in a bid to showcase it as a "four-seasons destination," announced Parks, Culture and Sport Minister Kevin Doherty on Monday.

"There are tons of activities that take place in our province over the wintertime," Doherty said at the Royal Saskatchewan Museum in Regina.

Launched by the government in 2011, the Saskatchewanderer program puts the successful applicant — so far young adult students — into a paid summer position documenting the many fun and unique travel and tourism opportunities across the province.

Doherty said the new full-time program will expand into a "quality of life" focus.

"We have an opportunity to showcase what they can experience (in Saskatchewan)," said Pat Fiacco, CEO of Tourism Saskatchewan, at the announcement.

"We have experiences for everyone, 12 months of the year.... We are very fortunate that we are a four-season province. There are places around the world that never have a chance to experience winter."

Total cost

$120K

The annual cost of running the program is expected to be $120,000, including the Saskatchewanderer's $55,000 to $60,000 salary.

As the position goes from summer excursion to full-time job, Doherty acknowledged that the applicant pool for this year's edition might become noticeably larger.

"This was a summer student job that we had for the last three years," he said.

Applicants must submit a profile, including a headshot, a resumé and a short video between Nov. 4 and Dec. 2.

Tourism Saskatchewan CEO Pat Fiacco says residents are "very fortunate" to be living in a "four-season province." Inset: Last summer's Saskatchewanderer Caitlin Taylor travelled throughout the province in her role. MARCO VIGLIOTTI/METRO

Recycling ramps up at new Regina facility

Emmie Leung, Emterra Group's CEO, shows off the recycling facility just west of Regina. ROSS ROMANUIK/METRO

Another form of baling is in steady operation on a flat field outside Regina — though this is a more urban variety.

Recyclables from city homes are now ending up at the plant, which officially opened on Monday at the Global Transportation Hub. The facility, owned and run by Emterra Group as Regina's processing contractor for reusable waste, is expected to dramatically cut the volume of junk going to the dump.

Emmie Leung, the company's national CEO, described the 45,000-square-foot, $18-million plant as the "flagship" of its operations in sorting recyclables.

"We've built it from the ground up," she said, "with a full commitment to environmental responsibility and sustainability."

Work at the facility is steadily ramping up after a backlog of bales.

"By Thanksgiving, we had processed all the materials," said Paulina Leung, Emterra's vice-president of corporate strategy, of the backlog that had stemmed from plant construction problems last winter.

Mayor Michael Fougere said the curbside program, which started in July, has been "relatively smooth," as city hall strives to divert 40 per cent of its waste from the landfill stream.

"It signals, as well, that our community is maturing and growing," the mayor said, "and we're having the kinds of services that every city needs and wants." ROSS ROMANUIK/METRO

'Student first'

Advisors to seek input on boosting graduation rates

The Saskatchewan government is asking students across the province to speak up.

The provincial government wants a new consultation with education stakeholders to increase Saskatchewan's high school graduation rate by 2020.

On Monday, Education Minister Don Morgan announced the appointment of two "student first" advisors who will travel across the province to find out what students, teachers and parents feel could be done to increase the number of students finishing high school.

With overall graduation rates in Saskatchewan at 74.8 per cent and aboriginal graduation rates at 37.4 per cent, Morgan explained that the advisors will participate in "deep listening," in order to find out what's working and what's broken in the education system.

"We would like to try and get both of (the rates) up, and up significantly," Morgan said at St. Marguerite School in Saskatoon.

Russ Mirasty, former commanding officer of the Saskatchewan RCMP and the first person of First Nations ancestry to lead an RCMP division, was selected as one of the advisors, alongside longtime educator Patricia Prowse.

The advisors met on Monday for the first time to work out a schedule for consultations and will begin gathering feedback immediately. MORGAN MODJESKI/METRO IN SASKATOON

Advisor Russ Mirasty, left, with Education Minister Don Morgan and co-advisor Patricia Prowse.
MORGAN MODJESKI/METRO IN SASKATOON

U.K., Europe battle the worst storm region has seen in years

Savage weather. At least 13 people have been reported killed in squall that has ravaged several countries

Police and emergency-service workers cordon off the area near scaffolding on the famous pedestrian street, Stroeget, in central Copenhagen Monday. A major storm swept Denmark, western Europe and Britain with winds peaking at up to 200 km/h. JOACHIM ADRIAN/THE ASSOCIATED PRESS/POLFOTO

A major storm with hurricane-force gusts is lashing southern Britain, parts of France, Denmark and Netherlands, causing flooding and travel delays, including the cancellation of roughly 130 flights at London's Heathrow Airport.

Express train services between central London and Gatwick and Stansted airports were suspended because of the storm, and the major English port of Dover was closed, leading to a cutoff in ferry service to France.

Thousands of homes in northwestern France lost electricity, while in the Netherlands several rail lines were closed, airport delays were reported and citizens were warned against riding their bicycles — a favoured form of transport — because of high winds. Amsterdam's Central railway station was shut by storm damage.

Sweden's Meteorological Institute upgraded its advisory Monday, warning that a "Class 3" storm that could pose "great danger to the public" was expected to hit western and southern Sweden on Monday evening.

Some English rail lines shut down Monday morning and some roads were closed due to fallen trees and power lines. There were delays on many parts of the London Underground network and the opening of the Overground network was delayed several hours.

Air travellers and commuters were advised to check conditions before starting any journeys. Widespread delays were expected as major London train lines delayed their opening because of the winds and tree hazards.

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Blackout

220,000

Number of homes in Britain reported without power by UK Power Networks officials.

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Michael Jackson case.

Doctor found guilty in pop star's death set free

The doctor convicted of killing Michael Jackson was released from jail Monday after serving nearly two years of a four-year sentence.

Conrad Murray was released from a downtown Los Angeles jail at 12:01 a.m., according to the sheriff's office. A change in California law allowed his incarceration time to be significantly cut down.

The former cardiologist was convicted in 2011 of causing Jackson's death in June 2009 by providing the superstar with an overdose of the powerful anesthetic propofol as a sleep aid. Jackson was in the midst of preparations for a series of comeback concerts and Murray was serving as his personal physician.

Murray's prospects are uncertain: At age 60 his license to practise medicine has been suspended or revoked in three states and his face and name are well known due to his association with Jackson and his highly publicized involuntary manslaughter trial. He is appealing his conviction.

THE ASSOCIATED PRESS

In this Oct. 21, 2011, file photo, Michael Jackson's former doctor Conrad Murray sits in a courtroom during his involuntary-manslaughter trial in Los Angeles.
REED SAXON/THE ASSOCIATED PRESS FILE

Texas

Abortion-restricting measures vetoed by federal judge

New abortion restrictions passed by the Texas Legislature are unconstitutional and will not take effect as scheduled on Tuesday, a federal judge has ruled. District Judge Lee Yeakel wrote Monday that the regulations violated the rights of abortion doctors to do what they think is best for their patients and would unreasonably restrict a woman's access to abortion clinics.

THE ASSOCIATED PRESS

Rape charges

Kenyan 'miracle' preacher in custody

A self-styled Kenyan preacher who claimed to help couples conceive "miracle babies" through prayer has been charged with three counts of rape in Britain. Police said Monday that Gilbert Deya, 61, was charged last week with rape, one count of attempted rape on an adult and one count of sexual assault on a 14-year-old girl.

THE ASSOCIATED PRESS

An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.

LENNY IGNELZI/THE ASSOCIATED PRESS

G.I. Joe bodies: Lipo for soldiers

Extra pressure. Service members say they are under scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Wedding crasher

Man steals wedding gifts

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off with a bag filled with cash and cheques from well-wishers.

The weekend robbery occurred in the town of Limassol. Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build and other general descriptions and are still investigating.

THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Newspaper

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to Washington to demand answers.

THE ASSOCIATED PRESS

A man talks on the phone in Barcelona earlier this year — was someone else listening?

THE ASSOCIATED PRESS FILE

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Cheque again: Duffy claims Tory lawyer covered $13K in legal fees

'It was never about ethics, it was always all about politics.' Senator elicits gasps from upper chamber with tale of intrigue and betrayal

The $90,000 from Stephen Harper's former chief of staff wasn't the only secret, five-figure payment made on Mike Duffy's behalf during the Senate expense scandal, the senator at the heart of the controversy says.

For the second time in as many weeks, Duffy — expelled from the Conservative caucus in May — shocked the normally sleepy upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy, a former TV broadcaster, declared before releasing more documents to buttress his explosive claims.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses, in return for which, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and make the scandal disappear. Instead, the flames just keep getting higher — and on Monday, Duffy poured more fuel on the inferno.

Facing suspension without pay for the next two years, Duffy and fellow Conservative exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of $13,560 to Duffy's legal representative last April 3.

Duffy says he'd already been "coaxed" into accepting $90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims — notwithstanding written assurances from Wright that he'd broken no rules.

Cue the audible gasp

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

Sen. Mike Duffy

Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday.

SEAN KILPATRICK/THE CANADIAN PRESS

"It was never about ethics, it was always all about politics — which explains why Arthur Hamilton was busy cutting cheques," Duffy charged.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright arranged to have my legal fees paid," he told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

The Prime Minister's Office issued a statement reiterating that Wright has "assumed sole responsibility for his actions."

"The prime minister was not aware of the arrangement and had it been presented to him he would not have approved of such a scheme," said spokesman Jason MacDonald.

THE CANADIAN PRESS

Man allegedly tries to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal's main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was transporting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

The Crown objects to his release on bail.

"The investigation is still ongoing and it's hard to tell what's going to come out of it right now," said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport terminal contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a security checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else.

"In the police report, he claims his innocence and says the bag belonged to someone else," Morena told reporters outside the courtroom.

The Crown has remained mum about what exactly Piazza was carrying. His lawyer revealed some of the items police said they'd identified.

"They were talking about bullets, talking about powder, about wires, about (lighters)," Morena said.

Police have revealed less details to the media, saying only that what was found was not dangerous without actual explosives, but that they didn't want to take any chances.

"For us, it is something major because everything was there to make us believe … (it could have been) a bomb, an explosive device," police spokesman Ian Lafreniere said.

THE CANADIAN PRESS

Antony Piazza

MONTREAL POLICE/THE CANADIAN PRESS/ HANDOUT

iQor Canada

Collection agency fined $500K for all-hours calls

One of the largest collection agencies in Canada has been fined $500,000 for making a series of automated, unsolicited phone calls at all hours to people saying they owed money without clearly identifying themselves.

iQor Canada Ltd., based in Toronto, has until Nov. 15 to pay the fine, according to a notice of violation by the Canadian Radio-television and Telecommunications Commission.

Many of the calls from iQor were made to people who owed no money.

TORSTAR NEWS SERVICE

Sex-abuse allegations

Olympics organizer says he's been cleared

The man who organized the Vancouver Olympics says he's been cleared by police of sexual-abuse allegations brought by a former student, though the RCMP says the file remains open.

The allegations against John Furlong surfaced following a newspaper article published last fall, suggesting he physically and verbally abused First Nations students at Burns Lake, B.C., while teaching at a Catholic school there in the late 1960s.

RCMP Sgt. Rob Vermeulen says the file remains open and declined to comment further because civil actions are underway.

THE CANADIAN PRESS

Mumtaz Ladha

Witness: Alleged trafficker sought work visa for domestic servant

A lawyer who worked for a woman on trial for allegedly trafficking a domestic servant into Canada says the accused asked him to prepare a work-visa application and suggested that she had found a job for the young woman at the heart of the case.

But lawyer Fiesal Ebrahim also says the work permit application stalled and the job never materialized. Ebrahim had worked for the accused Mumtaz Ladha for several years when, in 2009, Ladha indicated an African woman she brought to Canada wanted to remain in the country. THE CANADIAN PRESS

Tim Hortons tests out first new coffee blend since 1964

Change percolating.
Canadian coffee icon to try out a dark roast as consumers 'becoming more educated' about their morning cup of joe

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London, Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president, beverages, Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated. They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

In November 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

TORSTAR NEWS SERVICE

Amid stiff competition, Timmies is testing a dark roast blend. TIM HORTONS

Still the top dog

77%

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada

Phone hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter.

Matt Wood was reportedly fired after clocking in late for lunches.

THE ASSOCIATED PRESS

Market Minute

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GENERATION INSTAGRAM POPS THE Q

SHE SAYS

Jessica Napier
metronews.ca

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the whole moment.

Asking someone to marry you is nerve-racking enough without thinking about all of the logistics involved with co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors to create a wonderful, personalized proposal, hassle free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to re-tell to all of your friends and family until the day you're married so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will give you spinal slithers

ULET IFANSASTI /GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. METRO

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. METRO

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (–110 C) — but don't get too chilled as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venusgarden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK IMAGES

Douglas Coupland is not only a bestselling novelist, but also a visual artist and author of TEMP, an exclusive, 20-day fictional story running in Metro this November. Known for his musings on art, culture and technology, he's been quoted saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.

Remembering facts:

Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:

There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:

"I write fiction for a living," says Coupland. "Everything can be fact checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:

While libraries certainly do still exist, Coupland says he takes a walk among the stacks one in a hundred times as often as he used to.

Twitter

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a little diced tomato and lots sriracha.

@Gary_Zinck: Have to have my KD wih chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE

5 Freaky flicks from Canada

The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.

Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."

Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."

Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

When killing zombies brings you self-actualization

Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's The Walking Dead — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewership ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?

The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?

He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Norman Reedus stars in The Walking Dead. CONTRIBUTED

SCENE

The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON
Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

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Perry to fellow pop stars: Cover up already!

Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Christina Ricci weds over the weekend

Christina Ricci

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. The happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series Pan Am in 2011 and were engaged in 2012.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Olivia Wilde and Jason Sudeikis. ALL PHOTOS: GETTY IMAGES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Clare magazine that while she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

Twitter

@mcgregor_ewan
Rain on the roof of the trailer. Make me want to sleep.

@ElizabethHurley
We had Halloween early and am suffering from too many icing eyeballs and fresh blood jelly...

@IAmDonCheadle
The misogyny in rap is hard to take. How can we create an alternative, strike some kind of balance?

Half off

Half Off: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

It makes a difference.

"Letting her decide has made the difference. She's not a picky eater. She is a pretty good eater. And she tells me when she's full," says Elisha.

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

Elisha is trying to incorporate activity into family time too. Now that they have a backyard (the old house didn't), they can go out and kick around a soccer ball around. Or, the three just go for a walk.

"I'm doing this not just because I want Annabelle to be healthy," says Elisha, "but because I want to be here as she grows up."

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN BUUREN/ FOR METRO

Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA CLARKE
Metro World News

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.

If you want to get cut, you have to put in the work. ISTOCK PHOTOS

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."

Online assistance

Runtastic six pack

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/iPad/Android
Free/$4.99
Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.

Here are a couple exercises to carve a six-pack, get killer pecs and pump those biceps.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.

Battle rope hip toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.

LIFE 3

Jeepers, creepers where'd you get those meatball peepers?

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

This recipe makes about 30 meatballs. THE CANADIAN PRESS

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

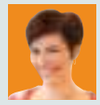
4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

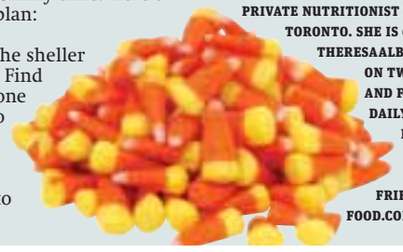
Surviving Halloween



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms. You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest. This year is going to be different. It's mommy time. Here's your plan:

- Be the sheller outer. Find someone else to take kiddies door to door.



- Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.
- Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.
- Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Mac & 'Squeese'

Your kids will enjoy this Halloween-coloured twist on the traditional macaroni and cheese. You will appreciate that this high-fibre and protein-filled dish will help fill them up so they can enjoy trick-or-treating without overdoing it on the sweets when they get home.

Using squash for its deep orange colour and sweet flavour makes this dish looks just like traditional Mac and Cheese. Or try it with sweet potatoes for another nutritious option.

Ingredients

- 375 ml (1 1/2 cups) whole-wheat macaroni
- 30 ml (2 tbsp) butter or margarine
- 500 ml (2 cups) cubed and peeled butternut squash
- 125 ml (1/2 cup) milk
- 1 small clove garlic, minced (optional)
- 125 ml (1/2 cup) shredded Swiss cheese
- 30 ml (2 tbsp) freshly grated Parmesan cheese

1. In a pot of boiling water cook macaroni for about 8 minutes or until tender but firm. Drain and return to pot. Add butter and stir to coat.

2. Meanwhile, in another pot of water, bring squash to a boil for about 15 minutes or until very tender. Drain and return to pot. Add milk and garlic, if using, and using hand mixer blend until smooth.

3. Add pasta to squash mix. Add cheeses and stir to coat. THE CANADIAN PRESS/ EATRIGHT ONTARIO/ DIETITIANS OF CANADA

Me want brains! Satisfy your zombies with Brain Pudding

This twist on classic rice pudding can be served as a nutritious breakfast or a dessert on Halloween day.

This recipe makes about five cups. THE CANADIAN PRESS

Ingredients

- 500 ml (2 cups) water
- 2 sticks cinnamon
- 250 ml (1 cup) quinoa, rinsed well
- 15 ml (1 tbsp) cornstarch
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) ground cinnamon
- 375 ml (1 1/2 cups) 2% milk
- 50 ml (1/4 cup) maple syrup
- 175 ml (3/4 cup) dried cranberries or raisins
- 250 ml (1 cup) 1 per cent vanilla yogurt
- Suggested Toppings: Cinnamon sugar, chopped walnuts, dried cranberries, granola, berries and/or diced apples

1. In a medium saucepan, bring water and cinnamon sticks to a boil over high heat; stir in quinoa. Reduce heat to low; cover and simmer for 12 minutes or until quinoa is tender. Drain any excess liquid and remove cinnamon sticks; set aside.

2. In a small bowl, combine cornstarch, sugar and cinnamon. In same saucepan, whisk milk, maple syrup and cranberries; bring to a boil over medium-high heat. Reduce heat to low; whisk in cornstarch mixture and cook, stirring, for about 1 minute or until slightly thickened.

3. Stir in quinoa and cook, stirring occasionally, for 5 minutes or until slightly thickened. Refrigerate for 1 hour or until cool.

4. Stir in yogurt. (The pudding will thicken considerably as it cools; add yogurt to desired consistency.) Serve with suggested toppings. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

The boy who cried bully — at school and at work

Term overuse.
Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Was a losing team bullied? Is your angry spouse a bully? How about that co-worker who's always criticizing you?

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common. THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Malcolm Smith, a professor in the University of New Hampshire's education department.

Learning how to lose in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas. "It teaches you the mechanism for coping with losing, in a protected way."

Bullies in politics?

In May, U.S. Sen. Harry Reid, D-Nev., called Sen. Ted Cruz, R-Texas, a "schoolyard bully. He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, spokesman for Heritage Action, sister organization to the Heritage Foundation, a conservative think-tank. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior.

"Bullying means intentionality," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it.

"They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said.

"Most of the students knew it was in jest, but the principal got irate about it and said he was personally being bullied."

When the school took steps to expel them, their families hired attorneys. Eventually the school backed down and wiped the boys' records clean.

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."

To figure out what you spend on health care annually, start by checking your past few tax returns. ISTOCK

How much does health care cost you? Try 1,400 big ones

Unplanned outlays.
Data shows health care is a significant expense and a major factor in increasing stress levels

YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly $1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over $1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top $5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

Penguins put unfamiliar feeling of failure in the past

NHL. Three-game losing streak comes to an end as Pittsburgh puts in solid showing in North Carolina

On Monday

Penguins	Hurricanes
3	1

Rookie Jayson Megna had his first career goal and assist, and the Pittsburgh Penguins snapped a three-game losing streak by beating the Carolina Hurricanes 3-1 on Monday night.

Chris Kunitz and Tanner Glass also scored for the Metropolitan Division-leading Penguins. Brooks Orpik had three assists, Sidney Crosby added two and Marc-Andre Fleury stopped 20 shots.

Pittsburgh ended its longest losing streak since 2011-12 by defeating the Hurricanes for the fourth straight time.

Nathan Gerbe scored a power-play goal for Carolina, which lost its third straight but remained tied with the New York Islanders for second in the division — five points behind the Penguins. Justin Peters made 26 saves in his second straight start in place of the injured Cam Ward. Ward is expected to miss at least two more weeks after sustaining an unspecified lower-body injury during a loss at Minnesota last week. Including that game, the Hurricanes have lost all three games since he was hurt. Carolina has allowed at least three goals in four straight.

Offence had become a bit tougher to find for the Penguins, which scored 13 goals in its previous two victories over the Hurricanes — including a 5-2 win earlier this month in Pittsburgh keyed by a hat trick from former Hurricane Jussi Jokinen.

During the losing streak, the Penguins averaged 38 shots but managed four total goals.

Kunitz scored the go-ahead goal with 3:36 left in the second, cashing in on some nifty cross-ice passing, taking a feed from Crosby and beating Peters high to make it 2-1.

Megna — a 23-year-old undrafted centre playing in his second career NHL game — then made it a two-goal game with 12:49 left.

THE ASSOCIATED PRESS

Penguins captain Sidney Crosby, left, and Tanner Glass celebrate Glass's first-period goal against the Hurricanes on Monday night in Raleigh, N.C. GERRY BROOME/THE ASSOCIATED PRESS

'Football is football,' new Argo Maybin says

It's a new game with a new team in a new city, but it's still football for Aaron Maybin.

The former NFL first-round pick participated in his first workout with the Toronto Argonauts on Monday, a day after joining the practice roster. Maybin admits he's got much to learn about the Canadian game but isn't the least bit worried or intimidated.

"The way I see it I'm a football player, I adjust to whatever style I need to adjust to," he said. "It (Canadian field) is bigger than I'm used to but there's nothing intimidating about it, nothing too different.

"Football is football. You've just got to adjust and understand it's a part of the game."

Back between the lines

"I'm not there yet and I still have some work to do."

Aaron Maybin on concerns about his conditioning. Maybin is back playing again after being released by the Cincinnati Bengals in August.

While the linebacker is short on CFL experience he's not lacking in confidence.

"Talent," he said when asked what's the top attribute he brings to Toronto.

"I feel like there are things I can bring to this team and obviously the coaches feel that way too. I'm just coming in, working hard, trying to do my best to help the guys on this team that have been working all year to get to the place they want to be really bad and that's a championship."

THE CANADIAN PRESS

NHL

Stars get win for Ruff in Buffalo

Tyler Seguin capped a three-goal, first-period outburst, and the Dallas Stars hung on to deliver coach Lindy Ruff a 4-3 win in his homecoming against the Buffalo Sabres on Monday night.

Matt Moulson scored two goals in his Sabres debut, a day after being acquired in a trade that sent Thomas Vanek to the New York Islanders. THE ASSOCIATED PRESS

Matt Moulson scored two goals in his Sabres debut. GETTY IMAGES

Pastimes a changin'

NFL tops Game 4 in ratings war

Boston's 4-2 win over St. Louis in Game 4 of the World Series drew a slightly higher rating than San Francisco's title clincher last year but was topped by the Green Bay Packers' 44-31 win over the Minnesota Vikings.

Nielsen Media Research said Monday the Sunday night game on Fox received a 9.4 rating and 15 share and was seen by an average of 16 million viewers. The rating was up 6 per cent from the 8.9 for San Francisco's 4-3 victory at Detroit last year.

The NFL game drew a 9.8/15 and 16.9 million viewers on NBC. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Wednesday night's World Series Game 5.

NBA

"It's not like it's unheard of. We all know what it is. They don't like us, so we don't like them."

LeBron James, whose Miami Heat take on their rival Chicago Bulls in Tuesday's NBA opening-night action.

Horoscopes

♈ Aries
March 21 - April 20
Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

♉ Taurus
April 21 - May 21
You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

♊ Gemini
May 22 - June 21
Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

♋ Cancer
June 22 - July 23
You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

♌ Leo
July 24 - Aug. 23
Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

♍ Virgo
Aug. 24 - Sept. 23
You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

♏ Scorpio
Oct. 24 - Nov. 22
The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

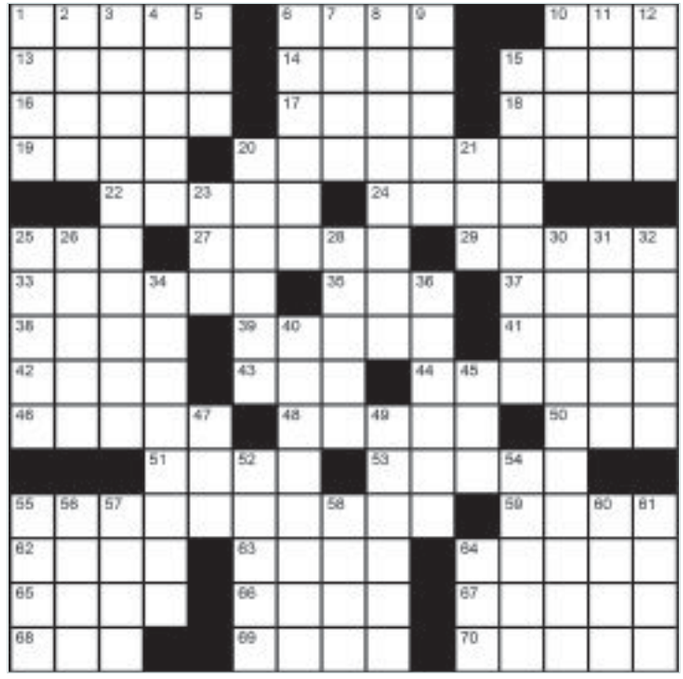
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

♓ Pisces
Feb. 20 - March 20
You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

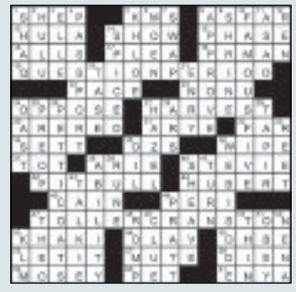
BY KELLY ANN BUCHANAN



Across
1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. _ __ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato __
29. 1861 George Eliot novel, __ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "__ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts
50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure
63. Baltic Sea feeder
64. __ __ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morphosis'
70. Popular plants

Down
1. Ms. McEntire
2. Freshly
3. Vancouver Island: __ Provincial Park
4. Laboratory dish
5. Century components, curtly
6. Restricts
7. __ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___. (Microsoft founder, fun-style)
10. "Voila!"
11. __ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "__ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever ___..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and __
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	3			8		
4	3			7	2			
7			6				9	
3				1				8
		6				4		
1				2				5
	5				8			6
			1	6			2	9
		4			9	7		

Yesterday's Sudoku

1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

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Wednesday
5°/-4°
Partly cloudy
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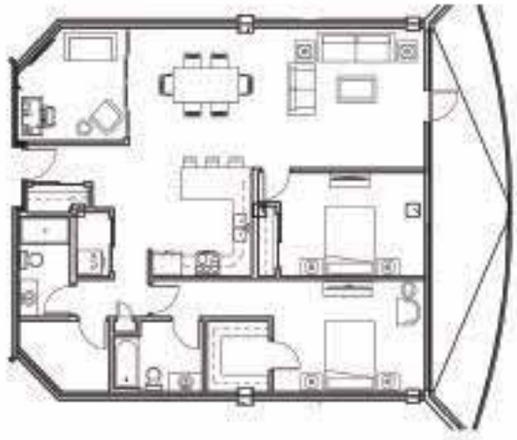

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